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Tuesday, February 27, 2018 metro.us | t: MetroBOS | f:



SECRET WEDDINGS

These celebrity couples kept things very low-key when it came to exchanging vows. 8

Drink up!
Coffee is good
for you. 11



Bruins now the real deal after
latest moves. 12

MASTER OF DISASTER

A Northeastern University professor has come up with a way for Boston and other cities to bounce back after the next big disaster, be it a hurricane, flood or earthquake. 4



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KRISTIN TOUSSAINT, REPORTER

How does a city start to recover from a natural disaster like an earthquake or hurricane? Emergency teams plan as much as they can, but disasters aren't really neat or predictable. That means each recovery process is unique, and Northeastern Professor Ozlem Ergun has developed a tool to help cities figure out their first steps toward recovery. Read more on page 4 and at metroboston.us.

SEVEN MEN CHARGED FOR RIDING DIRT BIKES ON I-93

Seven Massachusetts men have been charged for a scene on Saturday in which they rode dirt bikes and ATVs on I-93, temporarily shutting down the highway. Massachusetts State Police say that they received multiple 911 calls on Saturday concerning 25 to 35 people dangerously and "recklessly" operating off-road motorcycles and all-terrain vehicles. As police were trying to apprehend the bikers, a trooper fired his weapon,

leaving Aderito Monteiro, 28, of Randolph, with a minor foot injury, police said. Monteiro — who was charged with negligent operation, failure to stop for police, disorderly conduct, driving an unregistered and uninsured ATV and marked lanes violation — was transported to Boston Medical Center and released. He was arraigned on Monday. The six other individuals are expected to appear in court in Boston on Tuesday. KRISTIN TOUSSAINT

MS-13 GANG MEMBERS CONVICTED IN BOSTON

Four MS-13 members in Massachusetts who were arrested in a 2016 crackdown that U.S. Attorney General Jeff Sessions has called an example of how authorities should tackle the violent gang were convicted of federal charges on Monday. A federal jury in Boston found Herzzon Sandoval, Edwin Guzman and Erick Argueta Larios guilty of conspiring to engage in a racketeering enterprise in the second trial to

result from a gang takedown that led to 61 people being indicted. Jurors acquitted Cesar Martinez, 37, of that charge, but convicted him of conspiring to distribute cocaine, a charge that carries a mandatory minimum prison term of five years. Jurors acquitted Larios, 33, of a similar drug charge. Martin Murphy, Sandoval's lawyer, said he plans to appeal. Other defense lawyers did not respond to requests for comment.

25TH ANNIVERSARY OF 1993 WTC BOMBING MARKED AT 9/11 MEMORIAL

Flowers were placed on the names inscribed on the north reflecting pool of the National September 11 Memorial for those killed in the Feb. 26, 1993, truck bomb attack at the World Trade Center on Monday in New York City. An annual memorial service was held on the 25th anniversary of the attack to mark the event in which six people were killed and more than 1,000 injured. The bomb, which exploded in an underground parking garage, was set off by Muslim extremists who were later brought to justice. On Sept. 11, 2001, the World Trade Center was attacked again.

5 THINGS YOU NEED TO KNOW

BILL COSBY'S DAUGHTER ENSA DIES AT AGE 44

Bill Cosby's daughter Ensa Cosby, who came to her father's defense last year against accusations that he had sexually assaulted numerous women over the years, has died at age 44 from a chronic kidney ailment, a family spokesman said on Monday. Ensa Cosby, the second-youngest of the entertainer's five children and the third of his four daughters, "re-

cently died from renal disease," according to the spokesman, Andrew Wyatt. But he declined to give further details about the circumstances of her death. "The Cosby family thanks many people for their prayers for their beloved and beautiful Ensa," he said in a statement. The celebrity news website TMZ reported that Cosby's daughter died on Friday night in Massachusetts.

'DON'T WORRY ABOUT THE NRA,' TRUMP SAYS

President Donald Trump plans to discuss gun legislation with lawmakers this week, the White House said Monday, and he told governors not to worry about the National Rifle Association as they mull responses to the massacre of 17 people at a Florida high school. "Don't worry about the NRA. They're on our side," Trump told more than 35 governors, including Rick Scott

of Florida, during a White House meeting. "If they're not with you, we have to fight them every once in a while. That's OK. They're doing what they think is right." The Feb. 14 massacre of students and educators at Marjory Stoneman Douglas High School in Parkland, Florida, by a gunman with a legally purchased semiautomatic rifle reignited the nation's long-running debate over gun rights.

LABOR UNIONS

Do labor unions have too much political influence or not enough political influence in America today? Or do they basically have no impact on politics in this country?



Cannabis Control Commission votes to delay marijuana cafes and pot delivery

The Massachusetts Cannabis Control Commission voted on Monday to delay aspects of the new marijuana industry.

The Cannabis Control Commission has agreed to delay the launch of home delivery of marijuana and social consumption of marijuana products until at least this fall, a move that would address two of the most-criticized parts of the agency's draft industry regulations.

The five-member commission early Monday afternoon voted 4-1 to launch a legal retail marijuana industry in July without licensing delivery services or establishments where people could use marijuana socially, aspects of a new industry that are authorized under the state's legal marijuana laws.

Within two weeks, the CCC is to come up with a plan to move forward and have draft regulations on delivery and social consumption in place. Commissioner Kay Doyle was the only commissioner to vote against the plan.

Under the terms of a compromise that originated with Commissioner Shaleen Title on Monday morning, the CCC would put off until October the decision of whether to license delivery services and social consumption establishments like pot cafes. The CCC would not allow delivery except for medical patients during the delay.

Title, an attorney who was a leading proponent of social consumption

policies during the regulation-writing process, said it was clear from the comments and criticisms the CCC received about its plans for delivery and social consumption that the agency was not able to do enough to explain its intentions.

"Regardless of whether there is any merit to the underlying arguments for the need to delay these licenses, I felt it was clear ... that there was a sense of fear and hesitance and a lack of confidence in the commission," Title said. She added, "I am in favor of taking the time to build that trust outwardly and watch the process unfold."

Once the CCC authorizes delivery and social consumption, the commission agreed Monday there would be a period during which delivery licenses would be available only to micro-businesses, co-ops, and applicants that are part of the commission's equity program designed to make the industry open

to people from communities impacted by the war on drugs.

Title suggested a five-year period of exclusivity; the commission did not agree on the period's length.

Social consumption licenses would only be available to equity applicants during the exclusivity period.

While he voted for delay, chairman Steven Hoffman said Monday he was "very concerned" about deferring the licensing of delivery and social consumption and said he "rejects the argument that we can't do it in time."

STATE HOUSE NEWS SERVICE
FOR MORE ON THIS STORY, VISIT
METROBOSTON.US.



The CCC would put off until October the decision of whether to license delivery services and social consumption establishments like pot cafes. GETTY IMAGES



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Northeastern professor creates new way to help big cities recover from disasters

Mechanical and industrial engineer's tool prioritizes recovery steps after an area is hit by an earthquake, hurricane or other catastrophic event.



KRISTIN TOUSSAINT
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What's the first step to helping a city recover after a natural disaster?

Often, crews clear roads, so emergency personnel can reach people who need help. But which roads to clear depends on a lot of factors, like the layout of the city, what kind of disaster has hit, where the hospitals are and which areas of the city are most affected.

The best first move shouldn't be the same in every situation, according to Dr. Ozlem Ergun, a professor of mechanical and industrial engineering at Boston's Northeastern University — even though emergency management agencies follow strict protocols when it comes to recovery efforts.

Ergun has devised a new way to help cities recover after disasters.

In a report recently published in the jour-



Rescuers search for victims after a magnitude 7.1 quake struck central Mexico in September 2017. GETTY IMAGES

nal Plos One, she details a mathematical tool that prioritizes relief efforts based on the individual situation, from which roads are blocked most to what kind of debris is scattered across a city after an earthquake, hurricane or other disaster.

"Of course you have to plan for big events, but then once something happens, the situation on the ground is going to be very particular," she said. "You should have a pre-plan, but you should also have these decision

"You should have a pre-plan, but you should also have these decision tools that can aid you when faced with complexities of a situation."

Dr. Ozlem Ergun

tools that can aid you when faced with complexities of a situation."

Emergency guidelines say rubble should be cleared from roads based on a ranking sys-

tem. Primary roads like highways are cleared first, and secondary back roads aren't a focus.

"But it's not really looking at what happens, where is the de-

mand, where is the most debris," Ergun said. "It might end up making more sense not to open up a primary artery if it has a lot of debris."

The reality of a disaster can lead to surprises. In her research, Ergun compared disaster simulations of Boston and New York City. When debris falls over each city in a "uniform" way, New York City's grid is more resilient than Boston's tangle of roads.

But disasters aren't that neat. "When we

simulated an actual event happening, which means ... debris that's left on the ground is not uniformly distributed over all roads. ... It turned out the resiliency of Boston and New York was not so different," Ergun said.

Though many experts believe a grid network means a city will fare better, Ergun's work shows that's not an absolute truth. The steps for what to do in the wake of a disaster shouldn't be so concrete, either.



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Pats wide receiver Malcolm Mitchell 'shares the magic'

Mitchell says he struggled with reading and self-esteem as a student, which motivated him to help children's literacy.



MORGAN ROUSSEAU
morgan@metro.us

Patriots player Malcolm Mitchell and Boston Mayor Marty Walsh hosted a Reading Rally at the Boston Public Library on Monday morning.

Mitchell's reading rally celebrated National Reading Month, which is in March, as well as the release of

his newly-illustrated edition of his children's book, "The Magician's Hat." It was the second stop on his "Share the Magic" reading tour, in which Mitchell is reading his book aloud with nearly 3,000 children from eight schools in Boston, New York City and Atlanta.

The Pats player says he struggled with reading and self-esteem as a student, which moti-

vated him to help children's literacy.

"My mission is to be in every classroom — to reach every student that I can — and to let them know that there truly is magic inside of a book," Mitchell said. "I wholeheartedly believe that hopes and dreams can be realized by opening a book and reading. It happened to me, and I know it can happen to others."

"I wholeheartedly believe that hopes and dreams can be realized by opening a book and reading."

Malcolm Mitchell



New England Patriot Malcolm Mitchell with Ms. Sullivan's third-grade class from Blackstone Innovation School.
ALL PHOTOS DEREK NOUDUMMAN



Boston Public School students show off their copies of "The Magician's Hat" so they can read along with the author and star athlete Malcolm Mitchell.



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Gov. Baker plans to join regional states' gun-safety coalition

The Republican and AG Maura Healey, a Democrat, are taking steps to reduce firearms violence.

A day after four of his Democratic counterparts announced a gun-safety coalition, Republican Gov. Charlie Baker signaled plans to join their data-sharing group. Separately, Attorney General Maura Healey plans to join her Democratic counterparts Monday in Washington to tout steps states have taken to reduce gun violence and to call on Washington to pass a bill addressing access to guns.

"The Baker-Polito administration will join the gun-safety coalition to enhance the strong gun-control measures already in place here, and Massachusetts public-safety officials are currently working with coalition members on the MOU's specific requirements," Baker's director of communications, Lizzy Guyton, said



Gov. Charlie Baker has indicated that he will join a gun safety alliance. GETTY IMAGES

in a statement late Saturday afternoon.

Baker's staff reached out to the coalition Friday to inquire about participating after learning about its formation through the media — the governors of Connecticut, New Jersey, New York and Rhode Island announced the coalition's formation Thursday. Setti Warren, a Democrat running for governor, said on Friday he would join the group if elected, and Massachusetts Parents United (MPU) on Friday called on Baker to sign on.

"Massachusetts must

not wait for a tragedy like Parkland to happen — we need to strengthen our gun-safety system now," MPU founder Keri Rodriguez said. "The 7,500 parents in our organization expect Gov. Baker to join our neighboring states in this commonsense coalition now."

Gov. Baker planned to visit the White House Sunday night for a "governors' ball" with President Trump, part of the annual National Governors Association meetings.

On Friday, Vice President Mike Pence spoke to governors, reminding

them that Trump this week called on Congress to strengthen background checks and has called for raising the age for the purchase of certain firearms and directed the Department of Justice to expedite the banning of bump stocks.

Saying "the time has come for us to work together to find new and renewed ways to put the safety and security of our children and our schools first," Pence told the governors to expect a "significant discussion."

States in the new coalition will share information about "individuals who are prohibited from purchasing or possessing a firearm within that state," for reasons including arrest warrants, protection orders, debilitating mental health conditions or criminal history. They will direct law enforcement to cooperate to trace out-of-state guns used in crimes and to share information with the goal of intercepting criminals transporting illegal guns across state lines. STATE HOUSE NEWS SERVICE

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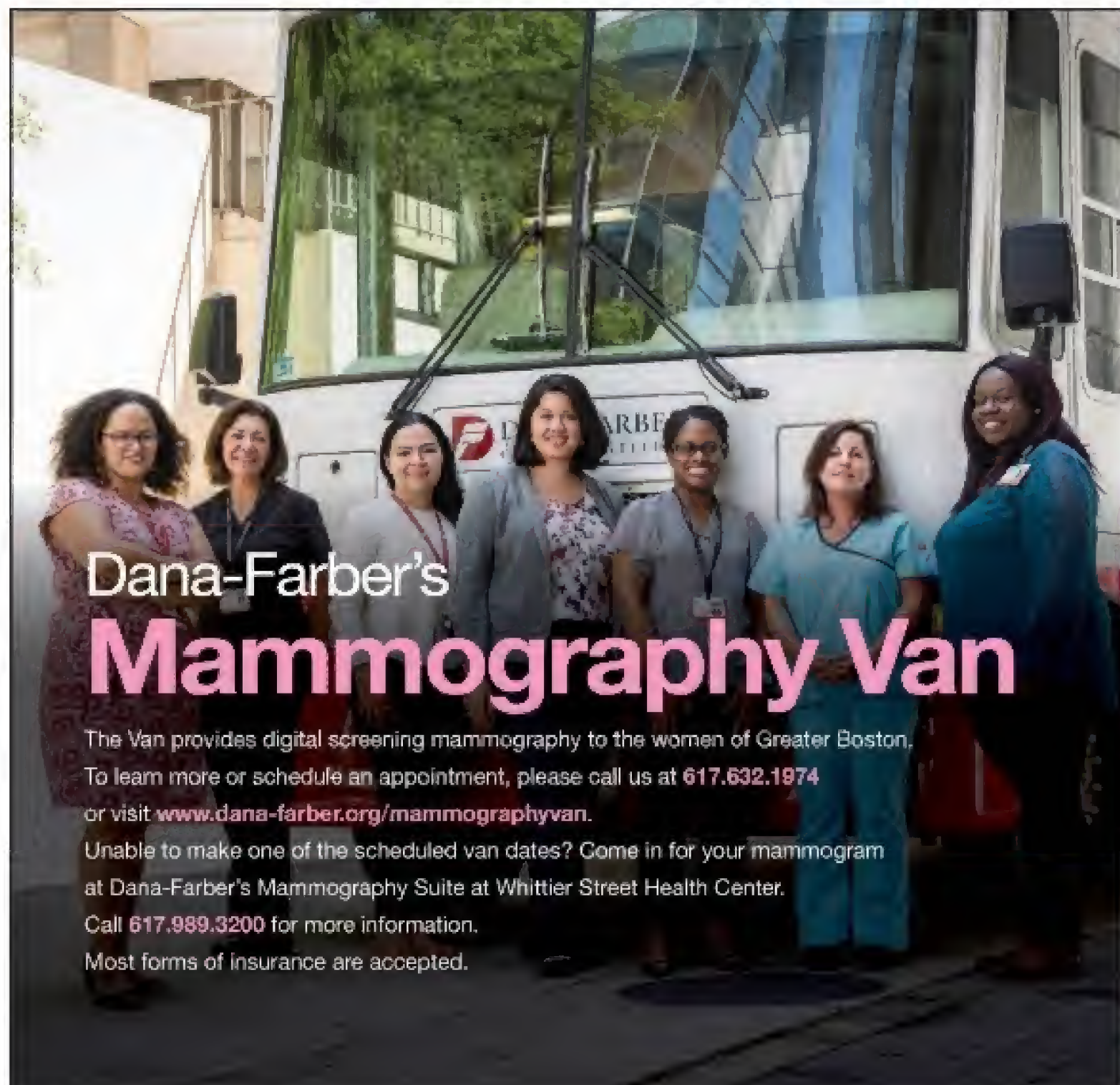
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Tuesday 6	Bowdoin Street Health Center
Wednesday 7	The Dimock Center
Saturday 10	The Latino Health Insurance Program, Inc. (Framingham)
Wednesday 14	Charles River Community Health (Brighton)
Tuesday 20	Bowdoin Street Health Center
Wednesday 21	Whittier Street Health Center @ Quincy Commons
Thursday 22	Geiger Gibson Community Health Center
Wednesday 28	Charles River Community Health Center (Waltham)
Thursday 29	LMA - Boston Children's Hospital
April 2018	Site
Tuesday 3	Charles River Community Health (Waltham)
Wednesday 4	South End Community Health Center
Thursday 5	Whittier Street Health Center @ Quincy Commons
Monday 9	Southern Jamaica Plain Health Center
Tuesday 10	Bowdoin Street Health Center
Wednesday 11	The Dimock Center
Monday 16	St. Luke's Episcopal Church (Scituate)
Wednesday 18	Charles River Community Health (Brighton)
Thursday 19	Neponset Health Center
Tuesday 24	Bowdoin Street Health Center
Wednesday 25	Brookside Community Health Center
Dana-Farber's Mammography Van and Dana-Farber Cancer Institute at Whittier Street Health Center possess a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.	
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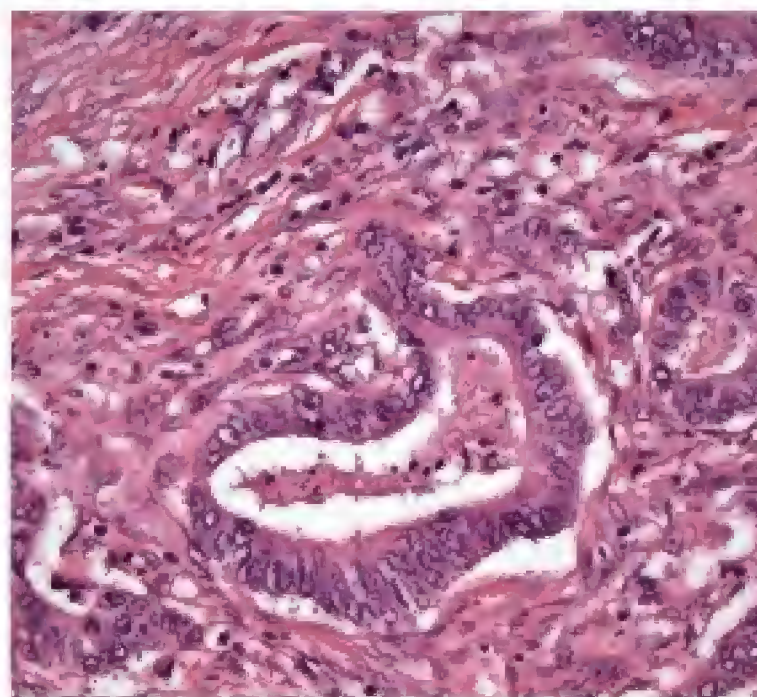
What Are Colon Polyps and Do They Increase Colon Cancer Risk?

What is colon cancer? Colon cancer forms in the tissues of the colon, which is part of the large intestine. The colon is part of the body's digestive system, which is made up of the esophagus, stomach, and the small and large intestines. The first six feet of the large intestine are called the colon. The remaining several inches of the large intestine form the rectum.

Polyps are abnormal tissue growths that are usually benign, but can become cancerous. They are most often found in the colon, but can also found in other parts of the body, including the stomach, uterus, throat, cervix, and ear canal.

Colon polyps form on the lining of the colon or the rectum. A history of polyps is one of the main risk factors for colorectal cancer, a common but preventable disease. Other risk factors for colon cancer include being 50 or older, having a family or personal history of colon polyps or colon cancer, and being overweight or a smoker. Obesity and lack of exercise, as well as inflammatory intestinal conditions like Crohn's disease, can also heighten risk.

During a colonoscopy, which is a procedure that can detect pre-cancerous polyps and cancers in their earliest and treatable stages, a doctor can remove these early lesions during the exam to prevent future development of cancer or a more advanced stage of cancer. For most people, screening for colon cancer should start at age 50.



An image of colon cancer, with cancer cells forming circled structures

Screening can include a colonoscopy, stool test, flexible sigmoidoscopy, or a combination of the above. If you have a family history or other risk factors, you should discuss the need for earlier screening with your doctor.

Most colon polyps do not present with symptoms, but some people with colon polyps experience abdominal pain, changes in bowel habits, change in stool caliber, rectal bleeding, and iron deficiency anemia. If you experience any of these symptoms, see your doctor.

There are several types of treatments for colon cancer, from standard therapies to those being

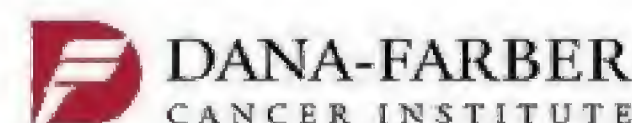
tested in clinical trials. Usually, surgery — which involves removing the cancerous growth — is the key component of treatment for early stage colon cancer. Patients may also be given chemotherapy and/or radiation therapy to eliminate any remaining cancer cells or treat metastatic disease. Targeted therapy, a type of treatment that uses drugs or other substances to identify and attack specific cancer cells without harming normal cells, is also an option for some patients with metastatic disease.

Screening for colon cancer helps prevent the disease and decrease the number of deaths from it. Some tests to find polyps can actually prevent the development of cancer because doctors can remove the growths before they become problems.

For more information on colon cancer visit danafarber.org.

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center, designated a comprehensive cancer center by the National Cancer Institute.

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8 Secret Hollywood weddings

Recently news broke that Amy Schumer and her boyfriend, chef Chris Fischer, had secretly married in a hush-hush ceremony on Feb. 13. Schumer confirmed the news with a simple "Yup" and a few photos from her special day on Instagram. Of course, Schumer isn't the first celebrity to have a low-key wedding. Here are eight celebrities who married in secret.

METRO

She said "I do" and we were all "WTF?!"
INSTAGRAM.COM/AMYSCHUMER

Kerry Washington and Nnamdi Asomugha

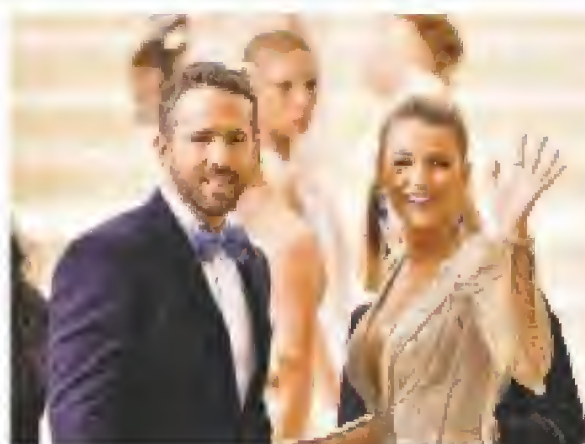
Although this couple has yet to confirm their marriage themselves, a Blaine County, Idaho, marriage license gave away their secret 2013 wedding.



ALL PHOTOS GETTY IMAGES

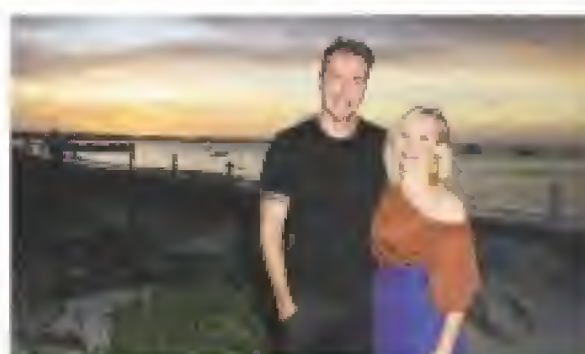
Ellen Page and Emma Portner

The "Juno" actress revealed she had married her partner Portner via Instagram with a picture of their matching wedding bands in early 2018. "Can't believe I got to call this extraordinary woman my wife," she wrote.



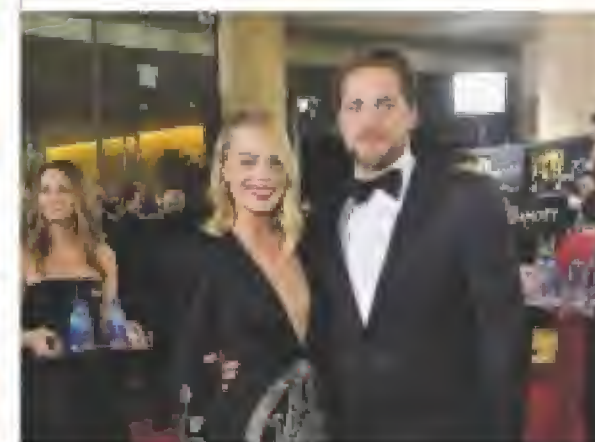
Blake Lively and Ryan Reynolds

Get this: Not only did Lively and Reynolds have a surprise, superprivate ceremony in 2012, but they had it at a plantation in South Carolina. Yikes!



Margot Robbie and Tom Ackerley

The "I, Tonya" star and her now-husband never announced their engagement and married in a top-secret ceremony in Byron Bay, Australia, in December 2016.



Leighton Meester and Adam Brody

Three months after Brody put a ring on it, he and Meester exchanged vows at a hush-hush ceremony in February 2014.



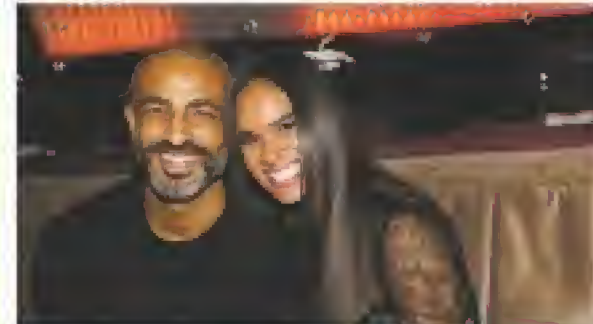
Misty Copeland and Olu Evans

The epic ballerina and her beau dated for ten years before tying the knot in 2016 — and Copeland did her best to keep it quiet. "For me, I just want to have a simple, as easy going day as I can have and not have it be a big show," she told E! News.



Kristen Bell and Dax Shepard

The "Good Place" star and her husband married in a private ceremony "in a tin room in the Beverly Hills courthouse," Bell says. They exchanged vows in front of a judge — and no family or friends were present.



Rachel Weisz and Daniel Craig

A whirlwind courtship followed by a super-secret wedding? I do! Well, they did: Weisz and Craig said their vows in June 2011, in front of just four witnesses.



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For Duncan Jones, Netflix is the future

Talking with the "Mute" director about the death of original stories in Hollywood.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

When Duncan Jones was taking the first tentative steps of his directing career, he envisioned "Mute" as his debut film.

But Hollywood works in mysterious ways. If "Mute" had been made when Jones and Michael Robert Johnson had written it in 2002, it would have been a contemporary gangster film, set in London in the mold of "Sexy Beast" and "Layer Cake."

Jones couldn't find funding, though. So instead, he made "Moon," which hit cinemas in 2009 and launched a career that has seen Jones write and direct the acclaimed "Source Code" and the international hit



Alexander Skarsgård stars as Leo in the sci-fi mystery, NETFLIX

adaptation of the video game "Warcraft."

Over this 16-year period, "Mute" changed drastically. By the time it had been bought by Netflix, the film was set in near-future Berlin, had an international cast and was heavily inspired by sci-fi films like "Blade Runner."

With the film now

available to stream on Netflix, we chatted with the filmmaker about its release, streaming versus big screen and the death of original Hollywood movies.

Talk about working with Netflix on "Mute." After three-and-a-half years of "Warcraft"

politicking and battling, my producer, Stuart Fenegan, managed to get his foot in the door. We pitched it to them, they liked it and told

us to go for it.

Did you change your approach for Netflix?

No. I've seen a few directors whose names I won't mention say they shoot things one way or another, and would never shoot things meant for TV in the same way as film. I don't get that. I'm not going to shoot something to make it work for TV, because I think that's daft.

Would this version of the film ever have been made by a Hollywood studio? It couldn't get

made for the studio. We tried. The studios have made a business decision, and they made it quite a few years ago, that the small, original independent arms that they used to have — that would do films in the \$20 million to \$40 million range — they have basically folded them up.

And with that, there's less original fare.

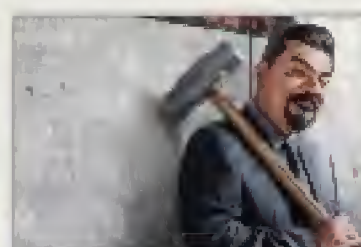
We're fortunate that there [are] new amazing avenues, whether it is Netflix, Amazon or Apple, that can afford to make films at that budget that are completely original. They aren't dependent on the same business practices that film studios are used to. And it is really great because a lot of the original and weird stuff that is now getting made just wasn't getting made. They're the ones being really brave and they are going to discover the next sort of exciting and ambitious films.

BILL BLUMENREICH PRESENTS

THE WILBUR



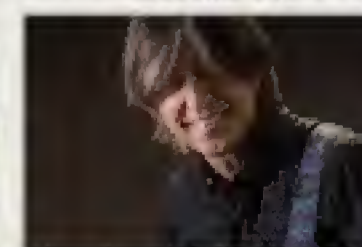
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ERIC JOHNSON
MARCH 8

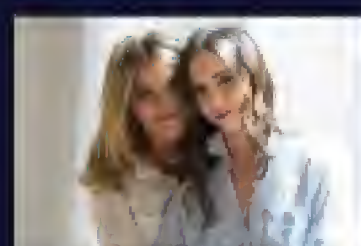
DEMETRI MARTIN
MARCH 9
LISA LAMPANELLI
MARCH 10
FIVE FOR FIGHTING
MARCH 14

COLIN QUINN
MARCH 15
CHEFS
MARCH 16
SCOTT MCCREERY
MARCH 18

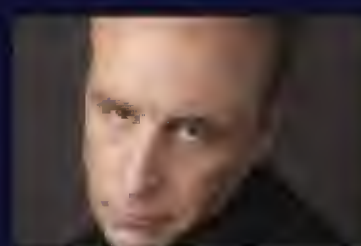
DIXIE DREG
MARCH 19
THE MUSICAL BOX
MARCH 21
RAY ALLEN
MARCH 28

CHRISSY METZ
MARCH 29
ROBIN TROWER
APRIL 2
CRAIG ROBINSON
APRIL 6

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BUSH: SISTERS FIRST TOUR
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VIC DIBITETTO
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APRIL 6



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Harvard Foundation names Solange

2018 Artist of the Year



Solange is heading back to the Hub this weekend.



The singer will be honored as the 2018 Artist of the Year by the Harvard Foundation for Intercultural and Race Relations.

The singer is coming to town for the Cultural Rhythms Festival.



SHIRLEY WANG
letters@metro.us

Solange Knowles has been chosen as the Harvard Foundation for Intercultural and Race Relations' 2018 Artist of the Year.

The singer is headlining the Cultural Rhythms Festival on March 3. The annual fest, organized by the University's office for "intercultural, interethnic, and interreligious relations," honors artists and scientists. The festivities showcase student performances and foodfare from over 30 student organizations as well.

When Knowles' most

recent studio album, "A Seat at the Table," was released in 2016, it opened at the top spot on the Billboard 200 chart. She also won the 2017 BET Centric Award for her song "Cranes in the Sky," competing with Kehlani, Mary J. Blige, Fantasia, Yuna and Syd.

In a review of the album, BET wrote, "There is no therapy time allot-

ted for being black in America. Solange's 'A Seat at the Table' is the journal we don't get the time to write, the conversations we don't get to have and the exclamations we're too tired to repeat."

Since, she has used her worldwide platform to promote self-care and social justice, writing lyrics about mental health in addressing racial oppres-

sion and acknowledged her autistic disorder, that prevented her from performing during her tour.

Last year, Solange cancelled her show at Boston Calling, citing production conflicts, though some suspected the real reason was the birth of her sister Beyonce's daughter. She returned in September

If you go

March 3, 4:30 p.m., Sanders Theatre, 45 Quincy St., Cambridge, \$20, harvardfoundation.fas.harvard.edu

with her concert "Orion's Rise," which raised money for victims of Hurricane Harvey in her hometown of Houston.

"I'm committed to partnering with organizations on the ground in Houston and making contributions to uplift the city that raised me with so much love," Knowles wrote in an Instagram post. "I thank you in advance for making this a special meaningful night!"

Previous Cultural Festival honorees include John Legend, Shakira, Jackie Chan and Viola Davis.

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		Chelsea	Eastern Avenue
		Everett	Hancock Street and Everett Street
		Medford	Ashland Street
		Melrose	Vine Street
Arlington	Russell Terrace and Fessenden Road	Salem	Lafayette Street
		Wakefield	Water Street

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The science on java consumption reveals a number of benefits for those who quaff plenty of it, and on the regular.



KATE MOONEY
kate.mooney@metro.us

Feel like you can't quite wake up this morning? Go ahead and let your mug runneth over with coffee:

The latest science on java encourages regular and plentiful consumption.

An article in the Annual Review of Nutrition looked at 127 meta-analysis studies on coffee-consumption and health, finding that the caffeinated beverage has a resounding number of health benefits.

Researchers from the University of Catania in Italy found evidence in the studies that drinking coffee every day lowers

the risk of certain cancers, including breast, colorectal, colon, endometrial and prostate. Some studies pointed to a reduced risk of cardiovascular disease, Parkinson's disease and type 2 diabetes. Prior research has shown that daily coffee drinkers have lower mortality rates compared to non-imbibers.

These benefits are likely due to phytochemicals in coffee, which contain antioxidants and anti-

inflammatory properties. And caffeine does more than just perk us up: it helps regulate the liver, insulin and glucose levels and helps repair DNA.

So how many cups a day is the right amount? Several studies pegged the "maximum benefit" at around four to five 8-ounce cups a day, about a liter, or the equivalent to two grande Starbucks servings (380-475 mg). That's a pretty generous

amount.

But take care not to have too much more than that: 500 mg of caffeine a day can cause side-effects, like migraines, muscle tremors, accelerated heartbeat, and digestive problems. Because coffee is a diuretic, be sure to drink plenty of water to keep from getting dehydrated. (FYI, it would take something like 50-100 cups of coffee to have a lethal effect, according to

USA Today.)

There is one good reason to curb your coffee consumption, the researchers found, and that's if you're pregnant: some studies established a link between caffeine and increased risk of miscarriage. The American Pregnancy Association advises pregnant women keep their daily intake to no more than 200 mg of caffeine, or one 12-ounce cup of joe.

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70-74	\$221.00	\$171.00	\$89.00	\$69.00	\$45.00	\$35.00	\$27.40	\$21.40
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Rick Nash will see his first action in front of a home Bruins crowd tonight at the Garden against Carolina. GETTY IMAGES

Bruins legitimized in past week

The moves by Don Sweeney have lifted Boston's hope that the B's can go all the way.

RICH SLATE
sports@metro.us

If the flurry of moves made by the Bruins (37-15-8) over the past week is any indication, GM Don Sweeney and Boston's front office understandably believes that with the right tweaks, this is a club that can contend for the Eastern Conference crown and Stanley Cup this spring.

It all started last Tuesday as the B's flipped Providence defenseman Rob O'Gara and a third-round pick to the Rangers for defenseman Nick

Holden. Then on Thursday, forward Frank Vatrano was moved to Florida for a third-round pick. Finally, things reached a crescendo on Sunday as the B's landed winger Rick Nash (18 goals, 10 assists in 61 games) from New York for forwards Ryan Spooner and Matt Beleskey, Ryan Lindgren (University of Minnesota defenseman) and a first-round pick while also signing free agent forward Brian Gionta (BC's all-time leading scorer and the Team USA captain from the just completed Olympics) to a one-year deal.

The Nash rumors to the Bruins really started to percolate over the weekend and Bruins fans woke up to the exciting news on Sunday morning. New York

will pay half of Nash's remaining salary while Boston will do the same for the comically overpriced Beleskey. Nash's credentials speak for themselves: the No. 1 overall pick in 2002 for Columbus is a six-time NHL All-Star and two-time gold medalist with Canada (where he played with Patrice Bergeron and Brad Marchand). He's scored 434 career goals (5th most for active players) and had 365 assists. With Boston ending its five-game road trip in Buffalo (19-33-11) on Sunday night, Nash suited up in his familiar No. 61 jersey for his first game as a Bruin.

Playing on the right wing (the left shot power forward can also work on the left side), Nash skated on Boston's

second line with rookie Jake DeBrusk (12 goals, 18 assists) and David Krejci (11 goals, 18 assists). The Bruins fell 4-1 to the lowly Sabres but Nash looked fine in his Bruins debut: his time on ice was 17:27 and he was minus-1 with five shots on goal (not including the snap shot he ripped off the post) and one blocked shot.

All season, Boston's top line of Marchand (24 goals, 34 assists), Bergeron (27 goals, 27 assists) and David Pastrnak (22 goals, 33 assists) has carried them offensively so they had a obvious need for a big winger to pair with the skilled veteran playmaker Krejci at center. Nash certainly fits that demand as he stands 6-foot-4 and weighs 211 pounds. At

Manic Monday

The Bruins landed forward Tommy Wingels from the Blackhawks Monday at the NHL trade deadline in exchange for a fifth round pick. Wingels is likely a bottom six forward for the B's and won't see much ice time but provides depth. The big news of the day Monday surrounded the B's primary competition in the East as the Tampa Bay Lightning not only scored Ryan McDonagh from the Rangers in a trade but JT Miller as well.

33 (he'll be 34 in June), he's playing in his 15th NHL season. He's not at his peak anymore but you would have to expect that he will be very motivated going for his

first-ever Cup after he left the suddenly rebuilding Rangers.

Coming off their longest road trip of the season, Boston gets rewarded right away with its longest homestand of the season - six games. They host Carolina (27-25-10) on Tuesday (7, NESN) before a showdown with Pittsburgh (36-23-4) on Thursday and a meeting with Montreal (23-29-9) on Saturday.

After dropping their last two games, the Bruins have fallen behind the Leafs (39-20-5) into third-place in the Atlantic Division. Still, they are only five points behind Tampa Bay (42-17-3) with two games in hand and are a point behind Toronto with four games in hand.

FLAT EARTH 4 LIFE

Other than when Kevin Hart introduced Kyrie Irving as a flat-Earther at the NBA All-Star Game, we haven't heard much about Kyrie's ongoing dispute of the Earth being round (which is what scientists have been saying since before you or your great-great-great-great-grandmother was alive) lately. That is until this past Saturday, when Giants backup QB Geno Smith re-opened the floodgates and was hammered online for them.

"I been studying this

whole flat earth vs globe thing. And I think I may be with Kyrie on this. B4 you judge do some HW but what do you guys think?," Smith wrote on Twitter.

Props to Smith for actually doing some leg-work here as he actually went out on his boat and "explored" on Sunday.

"Getting to the bottom of this once and for all #ForAllMankind," Smith tweeted while driving his boat.

For the record, Smith hasn't tweeted since Sunday. Uh oh.



ALL PHOTOS GETTY IMAGES



FUNNY NFL MONEY

Teams overpaying quarterbacks in free agency has been a time-honored tradition in the NFL.

Thank goodness the Patriots haven't had to go through this since, oh, say — actually it's never happened. The NFL free agency we know today didn't really start until 1992, and the Patriots drafted Drew Bledsoe right after that. Tom Brady took Bledsoe's job in 2001 (you might have heard), and the Pats have been cool at the QB position ever since.

So when you see the

Jaguars giving Blake Bortles a new three-year, \$54 million deal, and you see teams getting ready to line up at the door of Kirk Cousins (who has a grand total of zero postseason wins) to give him a five-year deal worth around \$145 million — you should start counting your blessings as a fan.

The Patriots have had a leg up on their competition in the offseason for over 25 years, simply because they already have a QB. It makes it much easier to address other areas.

KAWHI IN GREEN?



It sure seems as though Kawhi Leonard will be available this summer, so could the contending team with the most amount of assets (Celtics) be willing to cash everything in for the Spurs swingman?

Given the craziness of the 2016 NBA offseason (Durant to Golden State), and the 2017 NBA offseason (Chris Paul to Houston, Kyrie Irving to Boston, Paul George to Oklahoma City, etc.), anything is possible.

Celtics boss Danny Ainge has long been the league master at playing the waiting game when it comes to blockbuster trades. A few months before he swung the Kevin Garnett trade in 2007, Allen Iverson was the big name on the

NBA trade block. Ainge waited a little longer and got the better player.

Once again — around 2015 and 2016, some impatient Boston fans wanted to see Ainge flip one of the Brooklyn picks for a Kevin Love or a Blake Griffin. Ainge held firm, and waited for the right deal to fall into his lap once again when Kyrie Irving suddenly became available.

In other words, it pays to wait in the NBA.

While Anthony Davis has been the name most associated with the Celtics as the "missing link" in their quest to not only be able to compete with Golden State but actually topple the mighty Warriors, acquiring Leonard is more realistic for Boston.

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LEGAL NOTICES

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Robin Vaughn to Mortgage Electronic Registration Systems, Inc. as nominee for, Wilmington Finance, a division of AIG Federal Savings Bank, its successors and assigns, dated January 30, 2005 and Registered with Suffolk County Registry District of the Land Court as Document Number 715561 noted on Certificate of Title Number 101706 subsequently assigned to U.S. Bank National Association, as Trustee for Structured Asset Securities Corporation Mortgage Pass-Through Certificates, Series 2006-W1 by Mortgage Electronic Registration Systems, Inc. as nominee for, Wilmington Finance, a division of AIG Federal Savings Bank, its successors and assigns by assignment Registered with Suffolk County Registry District of the Land Court as Document Number 833375 noted on Certificate of Title Number 101706; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 10:00 AM on March 20, 2018 at 101 Almont Street, Boston (Mattapan), MA, all and singular the premises described in said Mortgage.

TO WIT:

A certain parcel of land situated in that part of Boston formerly Dorchester in the County of Suffolk and Commonwealth of Massachusetts shown as Lot Three (3) in Block F on a plan drawn by E.P. Sellow, Civil Engineer, dated May 2, 1903, as approved by the Court, filed in the Land Registration Office a copy of a portion of which is filed with Certificate of Title No. 464. Also another certain parcel of land situated in that part of Boston formerly Dorchester shown as Lot 15 in Block F on subdivision plan drawn by William J. Ford Jr., Surveyor, dated December 4, 1964, February 12, 1965 as approved by the Court, filed in the Land Registration Office as Plan No. 650-29, a copy of a portion of which is filed with Certificate of Title No. 73407. Meaning and intending to convey and hereby conveying the same premises conveyed to me/us by deed dated 02/24/1988 and recorded with Suffolk Registry of Deeds (District of the Land Court) in Certificate No. 101706

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

U.S. Bank National Association, as Trustee for Structured Asset Securities Corporation Mortgage Pass-Through Certificates, Series 2006-W1
Present Holder of said Mortgage,
By Its Attorneys,
ORLAND PC
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Waltham, MA 02454
Phone: (781) 790-7800
16-01-0893

February 27, 2018, March 6, 2018 and March 13, 2018

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Minor R. Williams and Cynthia Williams to Mortgage Electronic Registration Systems, Inc., as nominee for Indymac Bank, F.S.B., its successors and assigns, dated September 7, 2007 and recorded with the Suffolk County Registry of Deeds at Book 42468, Page 9, as affected by a Loan Modification recorded in said Registry of Deeds at Book 51645, Page 74 subsequently assigned to OneWest Bank, F.S.B. by Mortgage Electronic Registration Systems, Inc. by assignment recorded in said Suffolk County Registry of Deeds at Book 45396, Page 126, subsequently assigned to Ocwen Loan Servicing, LLC by OneWest Bank, F.S.B. by assignment recorded in said Suffolk County Registry of Deeds at Book 54557, Page 7, subsequently assigned to Federal National Mortgage Association by Ocwen Loan Servicing, LLC by assignment recorded in said Suffolk County Registry of Deeds at Book 54917, Page 322 and subsequently assigned to PROOF-2013-S3 Legal Title Trust II, by U.S. Bank National Association, as Legal Title Trustee by Federal National Mortgage Association by assignment recorded in said Suffolk County Registry of Deeds at Book 57371, Page 189; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on March 6, 2018 at 27 Holiday Street, Boston (Dorchester), MA, all and singular the premises described in said Mortgage.

TO WIT: The land with the buildings thereon, being the estate known and numbered 27 Holiday Street in the Dorchester District of Boston, being shown as part of lots C and D on a plan made by Whitman & Howard, dated June, 1909, recorded with the Suffolk Deeds in Book 3370, Page 242, bounded and described as follows: Commencing at a point on Holiday Street one foot (1') easterly from the Easterly line of Lot B on said plan, thence running EASTERLY by Holiday Street, thirty eight (38) feet to a point one foot (1') Easterly from the Easterly line of Lot C on said plan, thence running SOUTHERLY parallel with and one foot (1') Easterly from the Easterly line of Lot C Seventy-one (71) foot to lot 28 on said plan, thence running WESTERLY by lots 28 and 29 on said plan, thirty-eight (38) feet to a point one foot (1') parallel with and one foot (1') easterly, from the easterly line of Lot B, thence running NORTHERLY seventy-one (71) feet to the point of beginning. Deed 28077/299

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE: A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

PROOF-2013-S3 Legal Title Trust II, by
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Present Holder of said Mortgage,
By Its Attorneys,
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Phone: (781) 790-7800
16-006529

February 13, 2018, February 20, 2018 and February 27, 2018

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Lawrence P. Ochs and Lisa M. Ochs to Mortgage Electronic Registration Systems, Inc., as nominee for Fremont Investment & Loan, its successors and assigns, dated August 24, 2005 and registered with Suffolk County Registry District of the Land Court as Document Number 708869 noted on Certificate of Title Number 112530 subsequently assigned to HSBC Bank USA, National Association, as Trustee for Fremont Home Loan Trust 2005-D, Mortgage-Backed Certificates, Series 2005-D by Mortgage Electronic Registration Systems, Inc., as designated nominee for Fremont Investment & Loan, beneficiary of the security instrument. Its successors and assigns by assignment registered with Suffolk County Registry District of the Land Court as Document Number 832611 noted on Certificate of Title Number 112530; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on March 6, 2018 at 215 Slinson Street, Boston (West Roxbury), MA, all and singular the premises described in said Mortgage.

TO WIT:

That certain parcel of land situated in that part of Boston formerly West Roxbury in the County of Suffolk and Commonwealth of Massachusetts, situated on Slinson and New Haven Streets. Said land is shown as Lot 31 in Block E on a plan drawn by Hodges and George, Civil Engineers, dated May 1910, as approved by the Court, filed in the Land Registration Office as plan No. 2800-B, a copy of a portion of which is filed with Certificate of Title No. 3058. The above described land is subject to the right set forth in deed from the Securities Real Estate Trust to Theresa M. Mahoney, dated December 4, 1911, filed and registered as Document No. 9813. The above described land is subject to a taking by the City of Boston for sewerage purposes in said Slinson Street and New Haven Street under order dated September 16, 1949, filed and registered as Document No. 188638. The above described land is subject to a taking by said City of Boston for highway purposes in said Slinson Street under order dated April 8, 1959, filed and registered as Document No. 238322. For grantor's title, see Certificate of Title No. 112530

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

HSBC Bank USA, National Association, as Trustee for Fremont Home Loan Trust 2005-D, Mortgage-Backed Certificates, Series 2005-D

Present Holder of said Mortgage,
By Its Attorneys,
ORLAND PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
17-000662

February 13, 2018, February 20, 2018 and February 27, 2018

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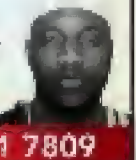
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NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Leonor F. Mesquita, to East Boston Savings Bank, dated September 29, 2010, and recorded with the Suffolk County Registry of Deeds in Book 47005, Page 34, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at **11:00 AM on March 20, 2018, at 46-48 Walnut Street, Unit 46, Dorchester, Suffolk County, Massachusetts**, all and singular the premises described in said mortgage.

TO WIT:

Unit 46 of the 46-48 Walnut Street Condominium, in Dorchester, Suffolk County, Massachusetts, Condominium Unit No. 46 ("Unit") of the 46-48 Walnut Street Condominium ("Condominium") created by Master Deed dated August 30, 2010 and recorded with the Suffolk Registry of Deeds in Book 46882, Page 155. The same may have been amended ("Master Deed"), in accordance with and subject to the provisions of Chapter 183A of the Massachusetts General Laws, as the same may have been or may hereafter be amended ("Chapter 183A"). The Unit is more particularly described in the Master Deed, and is hereby conveyed together with the undivided percentage interest in the common areas and facilities of said Condominium appertaining to said Unit as provided for in said Master Deed ("Percentage Interest"), and together with any other rights set forth in the Master Deed or in any instrument creating, conveying and/or affecting said Unit, insofar as the same are now in force and applicable, including, without limitation, the exclusive easements, use or licenses, etc. to common areas, driveways, decks, porches, parking spaces and storage spaces, if any ("Other Rights").

Said Unit, Percentage Interest and Other Rights are conveyed subject to covenants, conditions, restrictions, reservations, easements, rights, agreements, obligations, liens for assessments, options, powers of attorney, phasing rights, limitation on title and other provisions created by said Chapter 183A, and all as referred to or set forth in said Master Deed and in the related Declaration of Trust and related By-Laws and rules and regulations adopted or promulgated from time to time pursuant thereto, and the related Site Plans and Floor Plans as duly recorded with said Registry of Deeds and as any of the above may have been and may hereafter be amended from time to time pursuant to the respective provisions thereof, and subject to the terms, conditions, restrictions and easements as contained in any instrument, creating, conveying and/or affecting said Unit (No. 46), insofar as the same are now in force and applicable.

Being the same premises conveyed to said Leonor F. Mesquita by unit deed dated August 30, 2010, recorded with said Registry of Deeds on September 8, 2010, in Book 46882, Page 201.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or other public taxes, assessments, liens or claims in the nature of liens, or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Ten Thousand (\$10,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Perry Krumsiek LLP, One Boston Place, Suite 2600, Boston, Massachusetts 02108, within thirty (30) days from the date of the sale. Purchaser will be required to sign a Memorandum of Sale at time and place of sale stipulating these and other terms of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price.

The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale.

EAST BOSTON SAVINGS BANK

Present holder of said mortgage

By its attorneys

Perry Krumsiek LLP

One Boston Place, Suite 2600

Boston, MA 02108

(617) 720-4300

February 27, 2018, March 6, 2018, and March 13, 2018



Across

- 1 Fanatic's feeling
- 5 Frozen desserts
- 9 Pungent
- 14 Famed lioness
- 15 Firm grasp
- 16 Flatterer
- 17 Comic headliner (2 wds.)
- 19 Flood barrier
- 20 Chimpanzee
- 21 Close kin
- 22 Gawks
- 24 Puts into law
- 26 Painter -- Chagall
- 27 Beluga product
- 28 Most tedious
- 31 Change gears
- 34 Barely move
- 35 Cabin
- 37 Opens the window
- 38 Helen of Troy's lover
- 39 Adhesives
- 40 Three -- kind
- 41 Wall Street dread
- 42 Fruit dessert
- 43 Dull
- 45 Question starter
- 46 Playing cards
- 47 Was in a brawl
- 50 Rowboat seat
- 52 Decompose
- 53 Have a mortgage
- 55 Makes like a mule

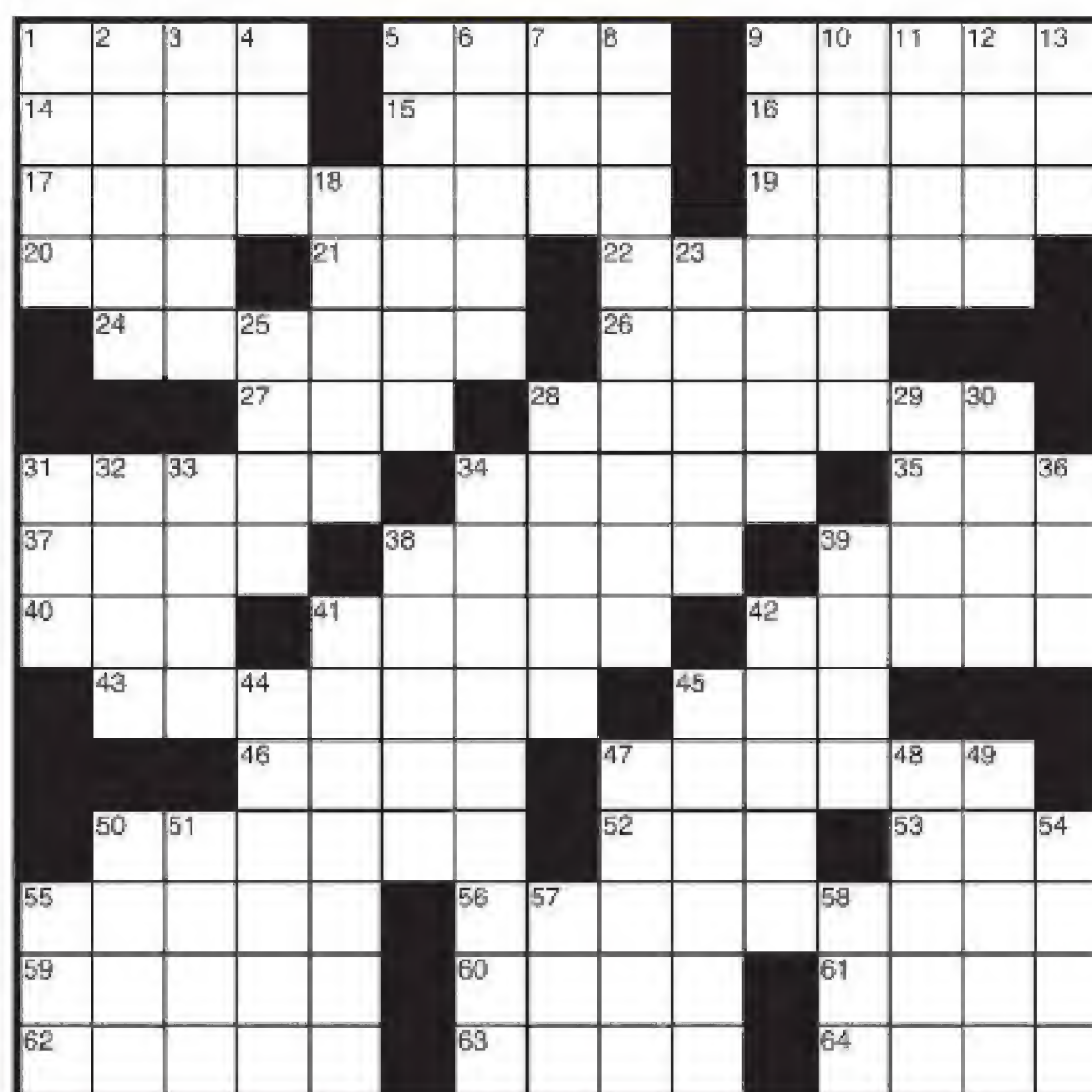
- 56 Skin
- 59 Wears a crown
- 60 Hourly fee
- 61 Rescue
- 62 Kind of rocket
- 63 Not barefoot
- 64 Busy European airport

Down

- 1 Catherine -- Jones
- 2 Flee to the J.P.
- 3 Ski resort in Colorado
- 4 Chem room
- 5 Set on fire
- 6 Finds fault
- 7 Half of zwei
- 8 Given to bursts of excitement
- 9 On the loose (2 wds.)
- 10 Strong-arm
- 11 Carry on

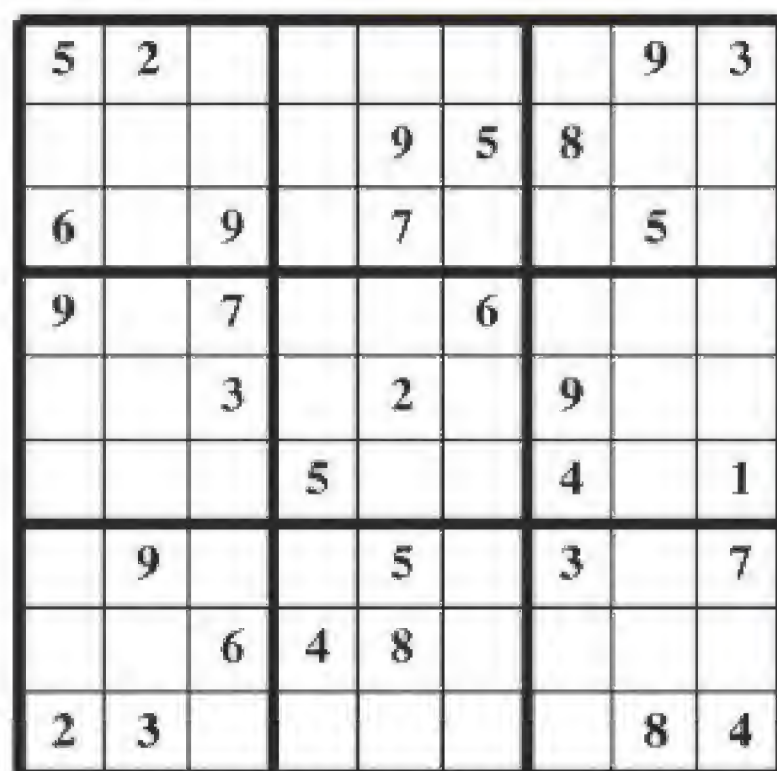
- 12 Fateful date
- 13 Color
- 18 English racetrack
- 23 Perky flavors
- 25 Woofs
- 28 Sensational and shocking
- 29 Feng --
- 30 Antacid brand
- 31 -- Paulo, Brazil
- 32 Stereo (hyph.)
- 33 Shah's land
- 34 Staircase parts
- 36 Recipe meas.
- 38 Gazette
- 39 Shipboard quaff
- 41 "Guernica" painter
- 42 River rapids
- 44 Twain lad
- 45 Like the forest
- 47 Certain corn chip
- 48 Marge Simpson's hubby
- 49 Diagonal pattern
- 50 Choice on some quizzes
- 51 Guard's cry
- 54 Catch sight of
- 55 Icy remark?
- 57 Cry of disgust
- 58 Sorority letter

metro.us/crossword

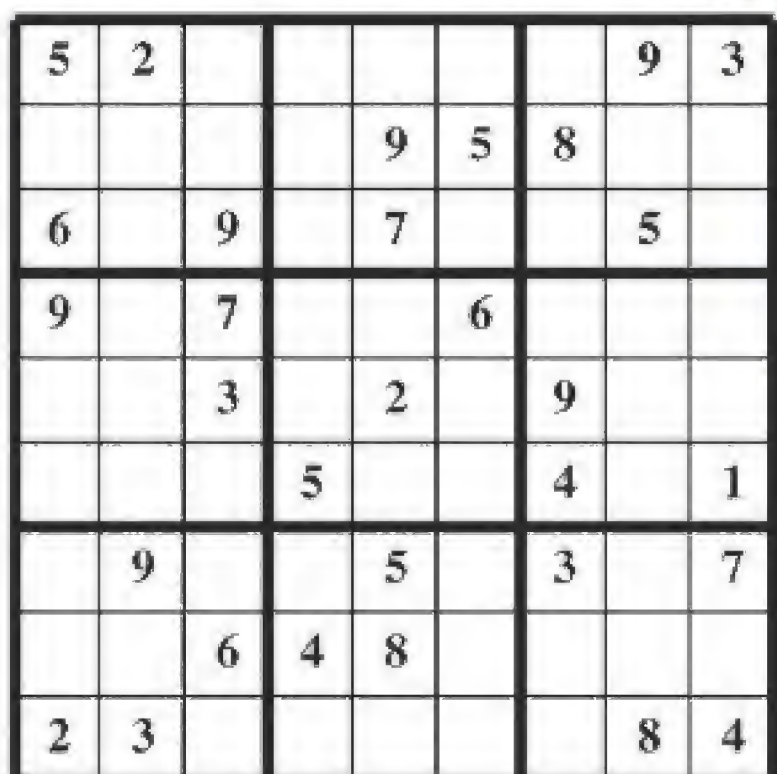


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Take part in a regimen, retreat or seminar that will give you greater vision and strength and the courage to do what pleases you instead of trying to please everyone else.



Taurus Helping others will bring the highest reward. Get out of the house and volunteer your time, services and knowledge to an important cause. Make your actions count.



Gemini Don't trust someone from your past to change and start treating you better. Beware of empty promises and ulterior motives. If you want something done, do it yourself.



Cancer Give everyone around you space to do his or her own thing. If you don't interfere in other people's affairs, you will be offered the same respect and privilege.



Leo You will inspire others if you get involved in a team effort. Anger will mount if someone challenges you. Be ready to make unexpected changes if you want to remain in control.



Virgo The changes you want to make will have to be discussed with everyone affected by your plans. Being up-front will help you gain respect and get the go-ahead.



Libra Civil discussions with partners or people you are trying to help should be followed by action. Keep your promises. Positive change will help to keep the peace.



Scorpio Stay focused on what you can accomplish and refuse to let emotional situations dictate how you move forward. Stay on top of matters that can influence your income.



Sagittarius Tend to your personal finances and investments and negotiate on your own behalf. Don't share personal or financial information with others.



Capricorn You don't have to share personal thoughts or information if you don't want to. Don't feel obligated to do so just because someone is pressuring you.



Aquarius Put more time and effort into important relationships to make your life easier. Sharing, comparing and understanding will encourage trust, loyalty and greater stability.



Pisces Take good care of your health. Refuse to let anyone fluster you or coax you into an argument. You'll accomplish much if you ignore negativity and meddling. **EUGENIA LAST**

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